



Navy Environmental Health Center
Health Promotion and Population Health (SHARP)
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Fundamentals of HIV/STD Prevention Counseling Course



Sexual Health and Responsibility Program (SHARP)

The SHARP staff at the Navy Environmental Health Center offers a 2-day course in sexual behavioral risk reduction counseling.



Background: This course was developed by the Centers for Disease Control and Prevention based upon results from *Project Respect*. The Project RESPECT study meets CDC's HIV/AIDS Prevention Research Synthesis project criteria for relevance and methodological rigor and also has positive and significant behavioral/health findings. Project Respect counseling interventions were based on the Theory of Reasoned Action and Social Cognitive Theory. Sessions were interactive and designed to change factors that could facilitate condom use, such as self-efficacy, attitudes, and perceived norms. The intervention goal of Project RESPECT was to determine the effects of enhanced and brief interactive counseling interventions to

reduce high-risk behavior and to prevent new STDs. **Participants reported significantly higher condom use** compared with participants in the comparison condition (didactic session). Of the counseling participants, **30% fewer had new STDs** compared with participants in the didactic message condition.

Objective: This course is designed to improve the ability of providers in a variety of settings to support individuals in making behavior changes that will reduce their risk of acquiring or transmitting HIV or sexually transmitted diseases.

Course Overview: The course requires two full days of attendance. It is very interactive and provides opportunities for the participants to examine the various factors that influence risk-taking behavior. Students improve their one-on-one disease prevention counseling skills by applying the CDC's 6-step process of effective counseling during role-play scenarios. Counselors learn how to help clients identify their risks, understand their options, and develop a plan to reduce their risk of reinfection.

Target Audience: The course targets physicians, Navy Preventive Medicine Technicians, PM Representatives, Independent Duty Corpsmen, nurses, counselors, and public health educators, tasked to counsel individual Sailors and Marines regarding sexual behavioral risk reduction. The course is also appropriate for medical clinicians who counsel patients on other risk behaviors within the context of Put Prevention Into Practice (PIIP).

This course is provided to all new Preventive Medicine Technicians (PMT) before they graduate from the Navy School of Health Care Sciences.

SHARP also conducts the course at NEHC in Norfolk and other sites upon request.

Prerequisites: Basic knowledge of HIV/AIDS/STD epidemiology, prevention, and antibody testing is required. The course does NOT review any pathophysiology of STDs. Prospective students are strongly encouraged to complete any or all the 4 self-study courses offered through SHARP:

"Navy and USMC HIV Policy (pka Navy HIV Instructor) self-study course. Downloadable from SHARP.

"SHARP Facts Quiz". The quiz covers the transmission and prevention of HIV. Complete this quiz for a certificate of completion. Book and exam mailed to students by SHARP.

SHARP "Sexual Health Primer" self-study course. Covers the facts about STDs and unplanned pregnancy and covers sexual risk assessment and intervention in outpatient encounters. Downloadable from SHARP.

U.S. Army "STD" self-study course. Covers the basic anatomy, diagnosis treatment, and prevention of 11 STDs. Fax order form available from SHARP website. Book and exam mailed to student by the Army.

See the SHARP homepage at <http://www-nehc.med.navy.mil/hp/sharp/education&training.htm> for more information about these courses.

Continuing Education Credit:

Medical Corps: 13.5 CME hours

Nurse Corps: 14.8 hours

Others: 16 contact hours

Requests for Training: Requests for training can be coordinated with the NEHC, SHARP Program staff.

Materials/funding to be provided by host command:

Classroom to comfortably accommodate 20-40 students. Desktop/tabletop space for each student is desirable. Moveable tables and chairs (vs. auditorium seating) are preferred for rearrangement during breakout sessions.

Equipment and Supplies: overhead display, screen, newsprint tablets (2) with easels (2) and markers, post-it note pads, pens, masking tape.

Services: minimal document copying, a local staff member available during the course to assist with facilities, equipment, and student support issues. Also, course advertisement locally, student sign-up and selection.

Class Roster provided to NEHC not later than 10 days prior to class start date (to facilitate preparation of certificates and confirm class size). Please e-mail the names of students (as they want them to appear on their certificates) to macdonaldb@nehc.med.navy.mil.